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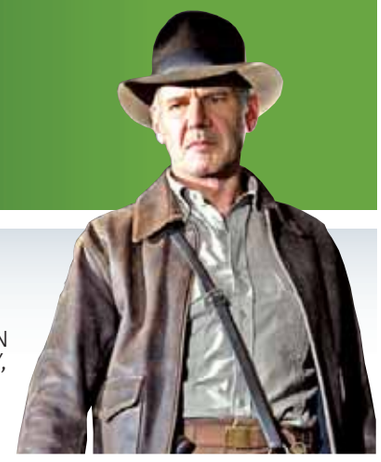
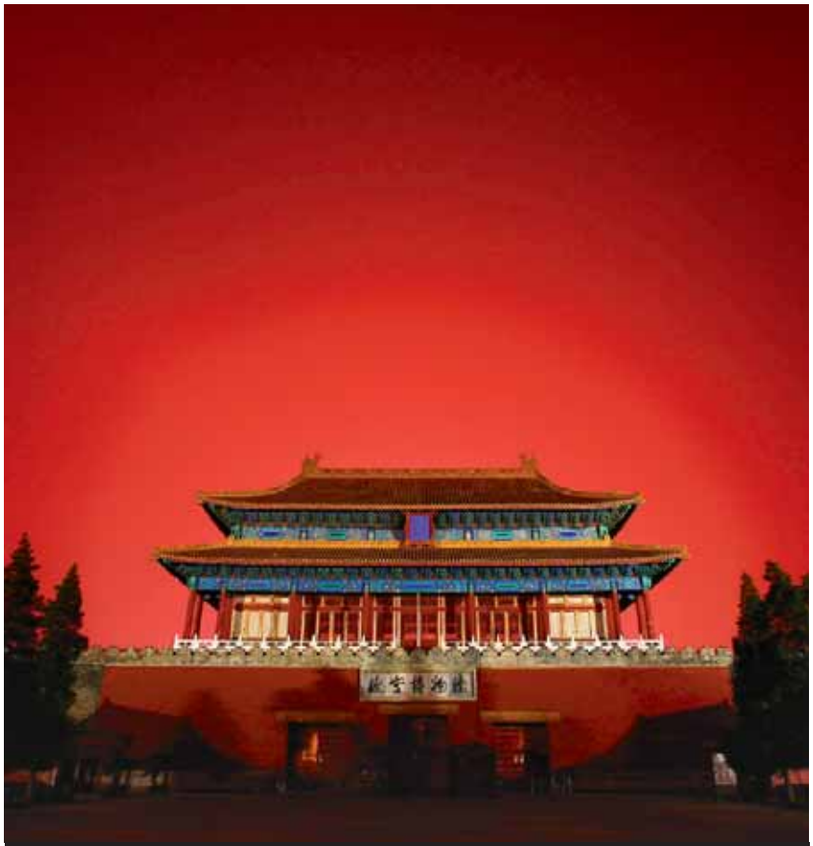


‘Shocking animal cruelty’ caught on tape

Hidden-camera video taken at two Alberta farms appear to show hens in tiny cages and chicks being smashed PAGE 6

THEY MAY BE OLD, BUT THEY’RE SPRY

IS THERE ANYTHING LESS APPEALING THAN WATCHING GRANDPA HUSTLE? EVIDENTLY, YES, THERE IS. WITH THE RELEASE OF THE ESCAPE PLAN, WE LOOK BACK AT OTHER OLD GUYS READY FOR ACTION PAGE 15



For five centuries, the Forbidden City was the seat of imperial power for China’s emperors. Nearly 200 items from the world heritage site will be exhibited at the Vancouver Art Gallery starting in fall 2014.
QUINN ROONEY/GETTY IMAGES

Forbidden City treasures coming to Vancouver

In 2014. Political and business heavyweights gather for VAG exhibit announcement

EMILY JACKSON
emily.jackson@metronews.ca

Treasures that have never before been seen outside of Beijing’s Forbidden City will be on display at the Vancouver Art Gallery in fall 2014, a move praised by B.C. politicians preparing for business trips to China in the coming month.

Premier Christy Clark and Mayor Gregor Robertson, along with business and philanthropic heavyweights, were on hand for Monday’s announcement of the exhibit titled The Forbidden City: Inside the Court of China’s Emperors.

It will feature nearly 200 items from the world heritage site, a massive imperial palace where China’s emperors ran the country for five centuries.

But with frequent mention of the business ties between Canada and China, the announcement wasn’t only about ceremonial armour and intricate vases.

CNOOC, the massive Chinese oil company that purchased Calgary-based Nexen in 2013, sponsored the exhibit with $1 million and sent executives to the announcement.

The company is “proud to share this piece of China’s past” as the two nations cooperate to “build the future,” executive vice-president Fang Zhi said.

The premier was quick to acknowledge CNOOC’s presence and brought up the company’s potential investments in B.C.’s liquefied natural gas industry. Clark heads on her fourth trade mission to China in November.

Robertson, who departs in two weeks to promote the city’s technology sectors in four Chinese cities, opened his speech in Mandarin.

Culture, however, was top of mind for sponsor Robert H. N. Ho, whose family foundation donated $1 million for the exhibit.

Vancouver should be a “nexus for arts and culture as much as trade and commerce,” he said, adding his goal is to help advance cross-cultural understanding between China and Canada.

“Vancouver is often referred to as the gateway to Asia,” Ho said. “I believe our city can be a cultural crossroads of unlimited potential.”

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UBC to change curriculum in wake of racist chant

Business school. Another frosh-week chant stirs controversy – this time for depiction of 'Pocahontas'

The Sauder School of Business at the University of B.C. has announced it will make changes to school curriculum and implement workshops on Aboriginal issues in the wake of a racist chant during orientation week.

The chant, dubbed the "Pocahontas" chant, was heard during a frosh week event for first-year commerce undergraduate society students.

The event had a Disney theme and the chant was used by a group named after Pocahontas.

Some students in the group were dressed in costume, wearing face paint and feathers, banging on the floor and chanting "white man took our land" while surrounding a group leader.

Robert Helsley, dean of the business school, called the experience "frustrating."

"We see the sensitivity to these kind of issues and issues related to culture critical to the growth of future business leaders," he said.

Nine students and three frosh leaders — who are Sauder senior-year students — were interviewed by a university fact-finding team and said they regretted their actions.

Helsley said the school had decided to take a restorative approach rather than punish the students.

The racist chant and the now-infamous chant about rape also heard during orientation week has highlighted how the university needs to take more responsibility for orientation events, said Louise Cowin, UBC's vice-president of student affairs.

"It exposed a gap in the university's connection to orientation led by students," she said.

The university will provide more educational sessions and workshops to help students understand the importance of the role they're undertaking as leaders, Cowin said. NICK WELLS/METRO

Robert Helsley, dean of UBC's Sauder School of Business, addresses reporters at UBC on Monday.
NICK WELLS/METRO

Crown appeals verdict in fatal crash

The Criminal Justice Branch has appealed a not guilty verdict for a woman who killed two Justin Bieber fans in Pitt Meadows.

Johnny deOliveira, 21, and Beckie Dyer, 19, were returning home after Bieber's concert in Vancouver on Oct. 19, 2010, when their vehicle was struck by an out-of-control Toyota driven by Andelina Hecimovic.

Hecimovic was charged with two counts of dangerous driving causing death, but was found not guilty at trial last month.

B.C. Supreme Court Justice Miriam Gropper said that while Hecimovic, 26, must live with the fact she's responsible for the tragedy, she didn't commit serious criminal offences.

Crash investigators alleged at trial that the woman was driving aggressively and went through a red light, but she told the court she wasn't speeding and didn't see the light had turned red.

Crown, which filed its appeal Oct. 17, alleges the trial judge "made a legal error by applying an incorrect legal standard in determining whether the accused was guilty of the offences."

Crown wants the B.C. Court of Appeal to set aside the acquittals and order a new trial for Hecimovic.

MATT KIELTYKA/METRO WITH FILES FROM THE CANADIAN PRESS

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Richmond. Man charged with impaired driving in deaths of two passengers

A Richmond driver has been criminally charged in the deaths of two of his passengers.

Ryan Jeffrey Webster was allegedly drunk behind the wheel on May 12, 2012, when he lost control of his BMW and crashed into a tree near Steveston Highway and No. 4 Road.

Brothers Jess Moses, 16, and Shane Moses, 19, died at the scene. Webster, 20 years old at the time, was taken to hospital with minor injuries and was soon released.

Richmond RCMP said at the time that they were investigating the possibility alcohol or speed played a role in the crash.

After an "extensive investigation," Mounties announced Monday that Webster has been charged with two counts of impaired driving causing death and two counts of operating a motor vehicle with a blood alcohol level over 80 mgs causing death.

His next court appearance is on Nov. 28.

MATT KIELTYKA/METRO

Tried to stop fight. RCMP seek witnesses after club worker gets struck by car

A Surrey nightclub employee is in hospital with life-threatening injuries, sustained when a vehicle struck him in a parking lot after he intervened in an altercation.

Surrey RCMP are searching for additional witnesses to the incident that took place at about 12:30 a.m. Saturday at Pancho's and Lefty's Rock Bar in the 10700 block of King George Boulevard.

The 45-year-old victim tried to intervene in a fight outside the establishment before he was struck by a vehicle driven by someone involved in the altercation.

The driver was arrested. The victim remains in hospital with serious lung, back and abdominal injuries.

EMILY JACKSON/METRO

May 25. New Democrats pitch date to replace Dix

B.C.'s New Democratic Party executive is recommending May 25 as the date for a leadership vote to replace party leader Adrian Dix.

The party brass says the date was chosen to allow potential leadership candidates to participate in the race without being constrained by upcoming municipal and federal election campaigns.

Dix announced last month he was stepping down as soon as the party could choose a new leader.

So far, there are no official declared candidates, but current B.C. NDP finance critic Mike Farnworth has indicated he is interested in running, as has federal B.C. New Democrat MP Nathan Cullen.

THE CANADIAN PRESS

David Suzuki is the most admired public figure in Canada, according to a new Angus Reid Global poll. JEFF HODSON/METRO FILE

Suzuki tops poll of most loved Canucks

57 per cent in favour. Rick Hansen in second with half of Canadians declaring admiration

KATE WEBB
kate.webb@metronews.ca

Environmentalist David Suzuki is one of the most admired Canadians, and former Vancouver Olympics CEO John Furlong is one of the least, according to a new poll.

Suzuki, an outspoken activist and scientist, is admired by 57 per cent of Canadians, according to the online survey by Angus Reid Global, which was conducted from Oct. 9 to 17.

Furlong — who is currently embroiled in a number of lawsuits alleging he physically and sexually abused First Nations students at a Burns Lake Catholic school in the late '60s — is the third-least-admired Canadian mentioned in the poll.

Only six per cent of randomly selected Canadians who participated in the survey said they admire Furlong, which is just slightly more than Conrad Black's five per cent and Senator Mike Duffy's four per cent.

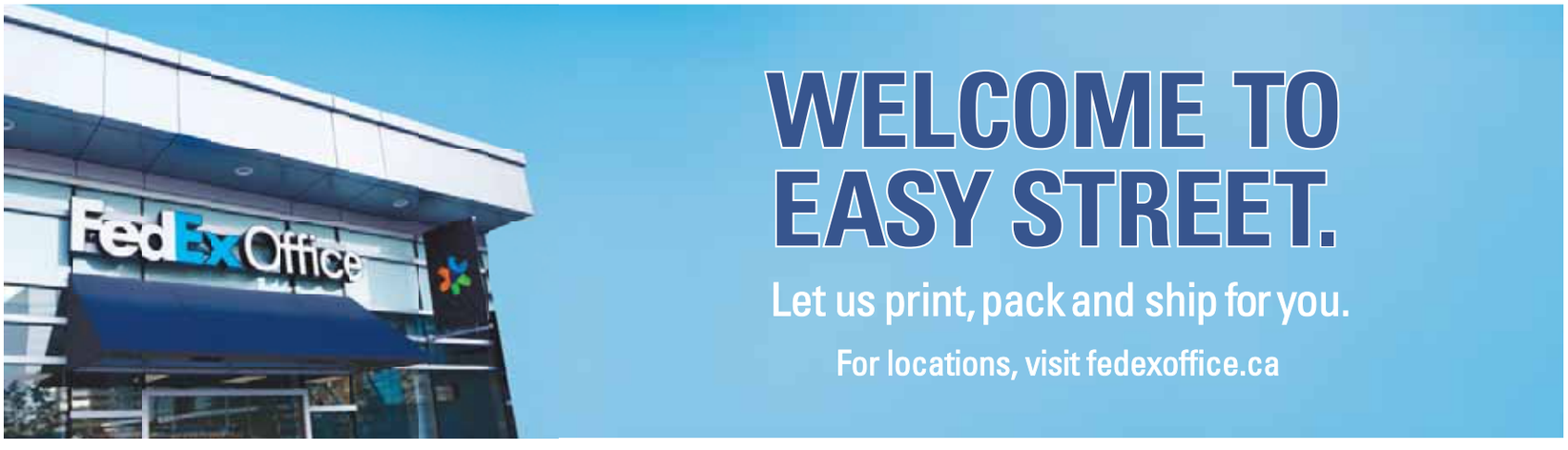
Vancouver's Rick Hansen is the second most respected Canadian, with half of the respondents saying they admired him, and CBC anchor Peter Mansbridge came in third with 48 per cent support.

Prime Minister Stephen Harper was only marginally more admired than federal Green Party Leader Elizabeth May, with 23 per cent saying they admire him and 22 per cent that they admire her.

But the Liberals' Justin Trudeau trounced them both for the title of most popular federal party leader, with 34 per cent of respondents saying they admire the prime-ministerial scion.

NDP Leader Thomas Mulcair came in last, with 20 per cent support.

The online survey of 1,017 Canadian adults has a margin of error of plus or minus three per cent, 19 times out of 20.



RCMP on case after string of attacks at UBC

Action. The major crimes unit takes over as the escalating violence has police focused on catching the suspect fast

The RCMP's major crimes unit has taken over the investigation into a series of late-night assaults against female students at the University of British Columbia as officials work to increase safety measures at the Vancouver campus.

The third attack in three weeks involved a man grabbing the woman from behind, ripping her nylons and punching her in the face as she walked to her residence.

Sgt. Drew Grainger of the RCMP's university detachment said the latest victim suffered a black eye and that the escalating violence has led police to focus more resources on finding the suspect who's been described in each case as tall, thin, wearing a black hoodie and being in his late 20s.

Quoted

"It's really put into focus just how vulnerable young people can be in an environment such as this when they're not taking proper precautions."

Sgt. Drew Grainger of the RCMP's university detachment said of the three attacks on female students, who were all walking alone between midnight and 3:30 a.m.

Police met Monday with UBC administrators and officials from campus security and student housing to discuss the use of more lighting and video cameras to protect students and prevent other types of crimes.

"It's at the highest levels of the university, it's at the president's office now and they are in discussions to come up with a financial strategy to try and enact some of these suggestions," Grainger said.

He said the group will be meeting every second day to discuss other concerns while at least one perpetrator is on the loose. **THE CANADIAN PRESS**

UBC is stepping up security after three sexual assaults in as many weeks. METRO

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Operation E-Namesake

Canada-to-Australia meth ring foiled in B.C.

A British Columbia-led investigation has stopped a Canada-to-Australia drug ring.

The Combined Forces Special Enforcement Unit British Columbia (CFSEU-BC) announced Monday that two people were arrested in Ottawa last week, capping a string of police raids and arrests dating back to 2012.

The investigation, named E-Namesake, was aimed at clamping down on the smuggling of crystal meth from Canada into Australia.

In December 2012, Australian authorities detected 45.5 kg of meth and 5.2 kg of cocaine concealed inside shipments of furniture.

Police believe the ring has been in operation since 2009. **METRO**

Have an extra $50M?

Clark won't commit to giving gallery any more money

The Vancouver Art Gallery needs an extra $50 million from the province if it wants to fulfill its ambitious dreams of a new home, but Premier Christy Clark isn't yet volunteering the cash.

The province has already contributed $50 million to the new gallery, Clark said Monday at a news conference at the gallery, adding she's "very proud" the government found the cash in this economy.

But Clark wouldn't say whether the province would give the gallery an additional $50 million, which it needs by 2015 (along with $100 million from the federal government) to move to the city land at Cambie and Georgia.

EMILY JACKSON/METRO

First of its kind in Canada

First Nations celebrate historic health-care accord

First Nations leaders celebrated a landmark health-care accord with the provincial and federal governments at a ceremony today in Vancouver.

Chief Doug Kelly, the chairman of British Columbia's First Nations Health Authority, says the agreement was signed two years ago and the transfer took effect at the beginning of the month.

The agreement allows B.C. aboriginal bands to incorporate cultural and traditional knowledge into health care programs and services including community programs and addictions treatment.

B.C.'s Health Minister says First Nations in B.C. have lower life expectancy, higher rates of disease and lower overall health outcomes than non-aboriginal residents — and that needs to change.

THE CANADIAN PRESS

Homemade. Prospect of easily made 3D-printed guns a worry for the feds

The federal Public Safety Department is worried about the emergence of 3D printers that can easily manufacture guns without any kind of licensing control.

The department is commissioning a study that will look at the advent of 3D technology and the feasibility of crafting firearms, parts and ammunition.

In May, the U.S. government made headlines when it ordered a Texas-based website to remove blueprints for using a 3D printer to make a handgun.

Canada's Public Safety Department recently issued a call for a contractor to carry out the study.

The notice points out that legal possession of a firearm in Canada requires a licence and, in the case of handguns and restricted guns, a registration certificate.

3D printers that can make guns raise fears. TORSTAR NEWS SERVICE FILE

A firearms business licence is needed to manufacture a gun.

A final report is expected in February.

THE CANADIAN PRESS

U.S. study

Most samples of human breast milk sold online contains bacteria

Human breast milk is sold for babies on several online sites for a few dollars an ounce, but a new study says be careful. Testing showed it can contain potentially dangerous bacteria including salmonella.

The warning comes from U.S. researchers who tested 101 breast milk samples sold by women on one popular site. Three-fourths of the samples contained high amounts of bacteria.

THE ASSOCIATED PRESS

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Cruelty alleged at two chicken farms in Alta.

Mercy for Animals. Hidden-camera video taken at two Alberta farms shows hens in tiny cages and chicks being smashed

19-week-old chickens transported to Ku-Ku Farms. Video filmed by Mercy for Animals Canada. HANDOUT/THE CANADIAN PRESS

An animal-rights organization is urging McDonald's Canada to take a firm stand against what it calls "shocking animal cruelty" captured on a graphic video it says was taken at two Alberta farms.

McDonald's, for its part, says it gets no eggs from those farms, or from anywhere in Alberta.

The hidden-camera video filmed by Mercy for Animals Canada aired on the CTV show W5 last week.

It shows hens crowded in battery cages, and chicks being violently smashed by workers and thrown into garbage bags.

"They're so crammed inside those cages they can't spread their wings, they can't walk, they can't turn around, they can't engage in any of their natural behaviour," said Stephane Perrais, director of operations with Mercy for Animals Canada.

"They spend one year of their miserable life in there, basically producing eggs and after that time period, they're considered spent by the industry because their productivity is declined, and then they're slaughtered."

The group says the footage was taken by an undercover investigator who was hired as a farm worker by Ku-Ku Farms and Creekside Grove Farms for 10 weeks.

The owner of Ku-Ku Farms and Creekside Grove Farms refused an interview with W5.

While Perrais said the provocative video does not address the quality of the eggs or food safety, his organization is calling for McDonald's to ban its egg suppliers from using hens that are confined in tiny cages, which are barely bigger than the hens themselves. Abuse is never tolerated in our supply chain, said McDonald's. THE CANADIAN PRESS

Egg industry's view

Egg Farmers of Canada, a non-profit organization that inspects egg producers across the country, said it has watched the W5 segment, and that what was aired was an "aberration" from normal practices.

- "What we did see, and what I was exposed to on W5, was certainly very alarming and disappointing to me as an egg producer," said organization chairman Peter Clarke.
- Egg Farmers of Canada is investigating Mercy for Animal Canada's video to make sure it is authentic, Clarke said.
- It has also launched an investigation of the two Alberta farms.

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The Big Chill. Durvey: Nearly 25% of scientists in public service say they feel politically muzzled

A large survey of science professionals in the federal public service has found that almost 25 per cent of respondents say they have been directly asked to exclude or alter information for "non-scientific reasons."

Some 71 per cent of those surveyed said political interference is compromising policy development based on scientific evidence, and almost half of those who took part said they were aware of cases in which their department or agency suppressed information.

The study, entitled "The Big Chill," was commissioned by the Professional Institute of the Public Service of Canada, and paints a disturbing picture of government scientists who feel they are being muzzled.

More than 4,000 federal scientists — out of more than 15,000 who were invited — responded to the union-commissioned online survey handled by the polling firm Environics.

"A chill has settled on federal government science that is even greater than that suggested by the cases so far reported by the media," Gary Corbett, the president of PIPSC, said Monday.

Federal Information Commissioner Suzanne Legault is already conducting a study of how communications policy changes under the Harper government have clamped down on the sharing of government science with the public.

Gary Corbett, President of the Professional Institute of the Public Service of Canada holds a press conference at the National Press Theatre in Ottawa Monday to reveal the results of a major survey hosted by Environics Research to gauge the scale and impact of "muzzling" among federal scientists. SEAN KILPATRICK/THE CANADIAN PRESS

Legault was spurred to investigate the issue by a lengthy report from the Environmental Law Centre at the University of Victoria and the ethics advocacy group Democracy Watch, which included a score of anecdotes from six different government departments or agencies.

The PIPSC survey, which was conducted June 5-19 and surveyed 4,069 of the union's 15,398 members, adds statistical heft to that anecdotal evidence.

The responses came from across more than 40 government departments and agencies and included 670 Environment Canada scientists, 651 from Health Canada, 427 Defence department employees, 343 from Fisheries and Oceans, 335 from the Canadian Food Inspection Agency and almost 300 each from Agriculture Canada and Natural Resources Canada.

Greg Rickford, the Conservative minister of state for science and technology, said in an email that the Conservatives have made "record investments in science."

THE CANADIAN PRESS

Oregon

Police use Google Earth to help bust illegal pot grower

Police say the view from space helped them bust a medical marijuana garden with too many plants in the state of Oregon.

The Grants Pass Daily Courier reports authorities received a tip that Curtis W. Croft was bragging about all the pot he was growing on his property outside Grants Pass. Investigators went to Google Earth to find out what they could see.

Authorities say online satellite images taken in June showed dozens of plants in neat rows, so the Rogue Area Drug Enforcement Team checked state medical marijuana records.

They showed Croft was registered to grow for five people, which amounts to 30 mature plants.

Authorities say a police raid in September seized 94 plants. THE ASSOCIATED PRESS

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'Hero' teacher killed in middle school shooting in Nevada

A Sparks Middle School student cries after being released from Agnes Risley Elementary School, where some students were evacuated to after a shooting at SMS in Sparks, Nev., on Monday. A middle-school student opened fire on campus Monday, wounding two boys and killing a staff member. KEVIN CLIFFORD/THE ASSOCIATED PRESS

'It's unreal.' Police provide no motive for shooting rampage that happened in front of 20 to 30 horrified kids

A middle school student opened fire with a semi-automatic handgun on campus just before the starting bell Monday, wounding two 12-year-old boys and killing a math teacher who was trying to protect children from their classmate.

The unidentified shooter killed himself with the gun after a rampage that occurred in front of 20 to 30 horrified students who had just returned to school from a weeklong fall break, police said at a news conference. Authorities did not provide a motive for the shooting, and it's unknown where the student got the gun.

Teacher Michael Landsberry was being hailed for his actions outside Sparks Middle School during the shooting.

"In my estimation, he is a hero. … We do know he was trying to intervene," Reno Deputy Police Chief Tom Robinson said.

Both wounded students were listed in stable condition. One was shot in the shoulder, and the other was hit in the abdomen.

Quoted

"As you can imagine, the best description is chaos."

Reno police Deputy Chief Tom Robinson

Landsberry, 45, was a military veteran and leaves behind a wife and two stepdaughters. Sparks Mayor Geno Martini said Landsberry served two tours in Afghanistan with the Nevada National Guard.

On his school website, Landsberry posted a picture of a brown bear and took on a tough-love tone, telling students, "I have one classroom rule and it is very simple: 'Thou Shall Not Annoy Mr. L.'"

"The kids loved him," his sister-in-law Chanda Landsberry said.

She added his life could be summed up by his love of his family, his students and his country.

"To hear that he was trying to stop that is not surprising by any means," she said.

Police said 150 to 200 officers responded to the shooting, including some from as far as 96 kilometres away. Students from the middle school, most of them 12- and 13-year-olds, and a neighbouring elementary school were evacuated to the nearby high school, and classes were cancelled. The middle school will remain closed for the week.

"As you can imagine, the best description is chaos," Robinson said. "It's too early to say whether he was targeting people or going on an indiscriminate shooting spree."

At the evacuation centre, parents comforted their children. "We came flying down here to get our kids," said Mike Fiorica, whose nephew attends the school. "You can imagine how parents are feeling. You don't know if your kid's OK."

The shooting happened on the school's campus and ended outside the school building, according to police.

"I was deeply saddened to learn of the horrific shooting at Sparks Middle School this morning," Nevada Gov. Brian Sandoval said in a statement extending his thoughts and prayers to those affected.

About 700 students in 7th and 8th grades are enrolled at the school, in a working class neighbourhood.

"It's not supposed to happen here," Chanda Landsberry said. "We're just Sparks — little Sparks, Nevada. It's unreal."

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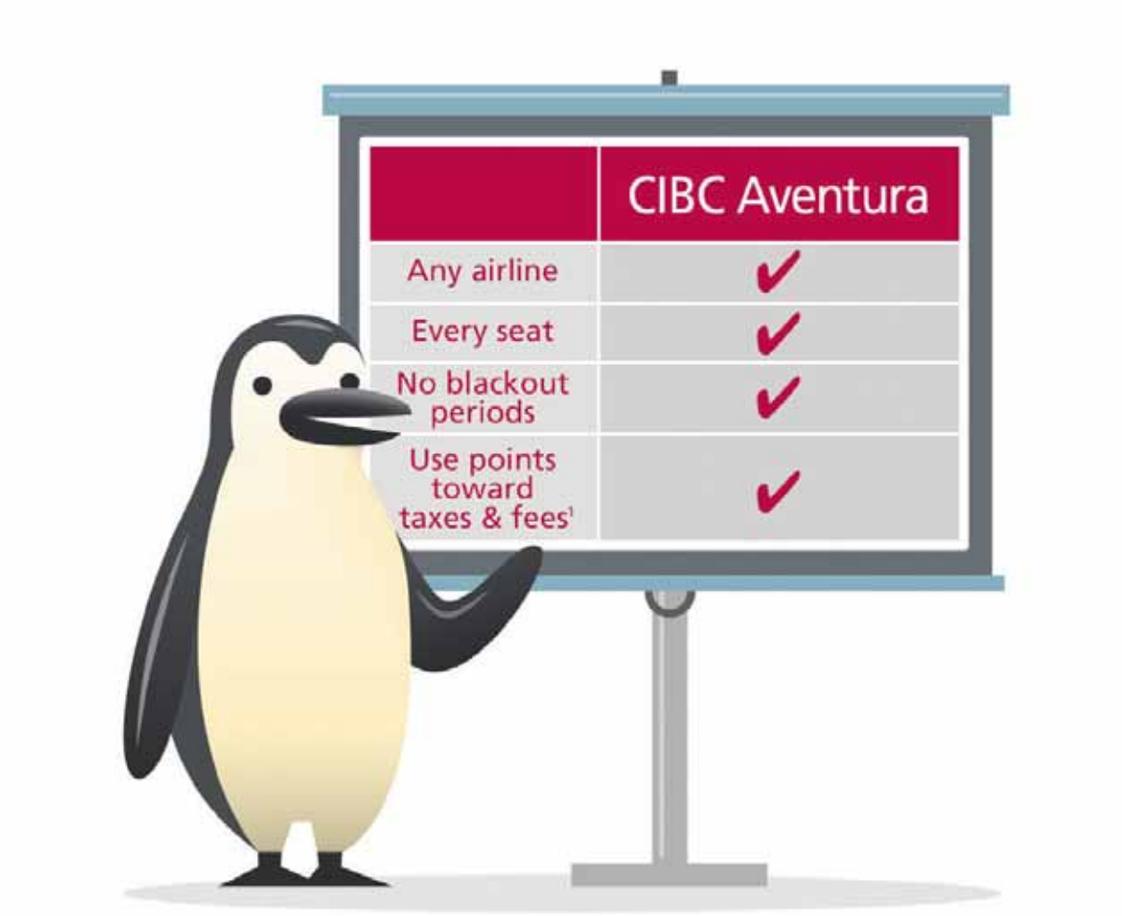

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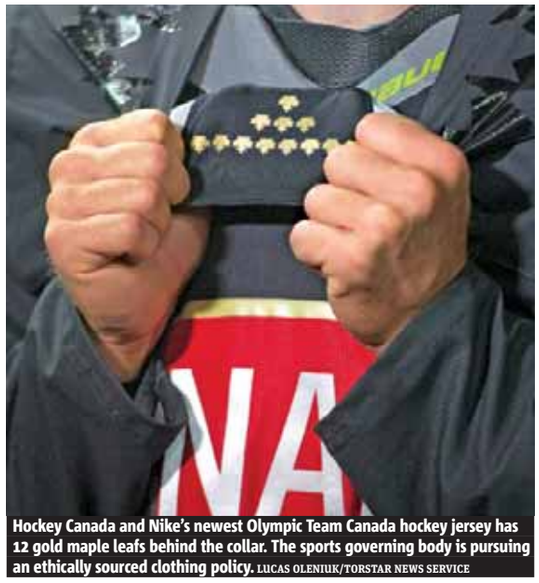
Hockey Canada wants ethical Olympic gear

Fair-made jerseys. 'We want to keep up to the highest standards of transparency': Official



Hockey Canada and Nike's newest Olympic Team Canada hockey jersey has 12 gold maple leafs behind the collar. The sports governing body is pursuing an ethically sourced clothing policy. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Hockey Canada, the most influential sports governing body in Canada, is pursuing an ethical-sourcing policy for its merchandising partners for hockey sweaters, T-shirts and other fan goods.

Torstar News Service has learned the organization's senior staff last week presented the executive committee of Hockey Canada's board with a proposal to begin discussions with three or four industry watchdogs that monitor suppliers of western retailers in the developing world.

"We have been looking into this in recent days and we recognize we have some work to do," said Scott Smith, Hockey Canada's chief operating officer, in an interview.

Staff began examining the organization's policies after receiving questions from Torstar, Smith said.

"We want to keep up to the highest standards of transparency," he said.

Smith said Hockey Canada staff plan to contact labour rights groups, including the Workers Rights Consortium in Washington and the Worldwide Responsible Accredited Production, a program enlisted by retailers and manufacturers to certify suppliers are meeting their standards.

Hockey Canada's promise comes amid increased scrutiny of the international garment industry. Six months ago, the Rana Plaza disaster in Bangladesh killed 1,129 workers and western retailers have since been adjusting and explaining how they source their suppliers abroad.

TORSTAR NEWS SERVICE

Social media

Facebook wants kids under age 13

A week after controversially allowing teens to post public updates that can be viewed by anyone in the world, Facebook is contemplating allowing kids under the age of 13 onto its site.

Facebook's manager of privacy and safety Nicky Jackson Colaco says the social network has "thought a lot about" opening up the site to children under 13.

In the U.S., the Children's Online Privacy and Protection Act starts at age 13. Despite this, plenty of young kids are using the site anyway, often with help from parents.

A spokesman for Canada's privacy commissioner Jennifer Stoddart said in a statement that consultation would be important if Facebook planned to accept younger users.

THE CANADIAN PRESS

Market Minute

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LIVING SOLO NO LONGER FOR SPINSTERS

SHE SAYS

Jessica Napier
metronews.ca

I will always cherish the brief couple of years that I lived entirely on my own; it was a beautiful period of independence, self-actualization and cereal for dinner. And while I have no desire to be romantically unattached again, I do find myself occasionally craving the single lifestyle.

I miss the lack of accountability that comes with living alone and the ability to indulge in all of that secret, single-girl behaviour I feel obligated to hide from my boyfriend like painting my nails in bed while watching very bad reality television.

Worldwide, the number of adults living alone has tripled in half a century. For the first time in Canadian history there are now more single-person households than couple households with children. In major cities, we are increasingly alone together: domestically separated but profoundly connected by our communal urban experiences — in restaurants, bars, gyms, museums — and through social-media platforms.

In the new CBC documentary Flying Solo, producer and director Scott Harper examines the dramatic shift in our culture towards living alone — its origins, influences and the repercussions for our society at large. The documentary, which premieres Thursday on CBC's Doc Zone, follows a diverse variety of individuals living alone in cities across Canada and the United States.

The major benefit of independent living is the selfish autonomy it provides; when you have your own space to come home to it can be "me time" all the time. It's the freedom to do as you please that appeals to single dwellers, says Harper: "To go to bed and get up on your clock, to eat what and when you like, to travel and to spend time with whomever you want without having to check in with anyone."

Of course, flying solo does have its downsides. Single-income households are inherently more expensive and can lead to feelings of isolation. Without roommates or a spouse, solitary residents can risk feeling alienated if they don't take proactive measures to remain socially active.

But Canadian cities aren't full of lonely spinsters and incorrigible bachelors. Instead, we are witnessing the emergence of a new breed of people in their 20s and 30s who aren't rushing to settle down and procreate but are instead focused on nurturing their own individuality and spending time with their extended social circles of friends and co-workers. We're creating new urban tribes and debunking the traditional nuclear-family model in the process.

"As a group, solos are reshaping the economy, politics, the environment and of course the future of the family itself," says Harper. "I think that there still is — and probably always will be — a desire for partnerships and kids — it's just that now the stigma over opting out of being a part of that, and choosing to live on your own, is over."

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Face it: 11 acres makes for a large portrait

COURTESY JORGE RODRÍGUEZ-GERADA/BELFASTFESTIVAL.COM

Largest land art in the U.K. on display

A gargantuan picture of a child has been unveiled on a field in Belfast as the largest land-art portrait in the U.K.

Wish is the name of the portrait of an anonymous six-year-old girl from Belfast. It spans 11 acres (44,515 square metres) of land in Belfast's Titanic Quarter, a regenerated district near where the RMS Titanic was built. It was created by Cuban-American artist Jorge Rodríguez-Gerada.

METRO

GPS, and lots of hard work

30,000

Volunteers used GPS technology to map out the site before laying 30,000 wooden pegs to trace the image's outline. Two thousand tonnes of soil and 2,000 tonnes of sand were needed to create the artwork. Wish was 18 months in the making, with one month for production, Rodríguez-Gerada told Metro.

The artist, who currently lives in Spain, added: "Around 100 volunteers — everyone from local artists, construction workers, to grandparents and their grandchildren — helped out in making this portrait possible."

Artist's viewpoint

"Its message is social: the universal power of making a wish. And its location in a regenerated part of Belfast — with all its recent history — is profound."

Jorge Rodríguez-Gerada, 47-year-old Cuban-American artist

Obstacles didn't stop volunteers

For Rodríguez-Gerada, the artwork was an arduous one. "Interference from a nearby airport, difficulties in spreading the sand evenly and the rain made the project challenging," he said.

"What I didn't expect was the community's response," the artist added. "People from both sides of the political spectrum were supportive and united to create something universal."

METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

One of the best features of living in the future is how simple it is to learn about the past. Subscribe to these history podcasts on iTunes and treat yourself to a few crash courses.

The Roman Baths in Bath, England, contain one of the best examples of a preserved Roman bath complex in Europe. GETTY IMAGES

In Our Time:

The topic of Melvyn Bragg's weekly BBC panel show is always a surprise when it shows up in our feed. From well-known battles and leaders to obscure philosophies and diseases, the range of Bragg and his rotating crew of experts is like a history swatch.

The History of Rome:

By this point, Mike Duncan's exhaustive history of the Roman Empire is more audiobook than podcast — the series wrapped in 2012 with the fall of the empire. But if you take the time to treat yourself to the 179 25ish-minute episodes, then feel free to consider yourself an expert.

Dan Carlin's Hardcore History:

Though the episodes can be pretty meaty — each episode of his five-part series on the Mongols ran at least an hour and a half — the time is used extremely well. Carlin's gravelly delivery can sound a little talk-radio at times, which happens to fit his somewhat contrarian take on events you thought you knew about.

Twitter

@metropicks asked: A landlord is feuding with tenants keeping a legal grow-op. Should some legal activities be banned for tenants? Which?

@WTarcisio: It is a fight of neighbors on a global scale. He should have given marijuana to another and would have avoided this whole mess.

@calgarytoad: Throwing hammers at your walls is not illegal but I wouldn't want my tenants doing it.

@TheJamesAsh: But your lease typically explicitly covers damage and how it's handled. A legal grow should be no different.

@calgarytoad: Agreed. Tenants should pay for all damages regardless of cause.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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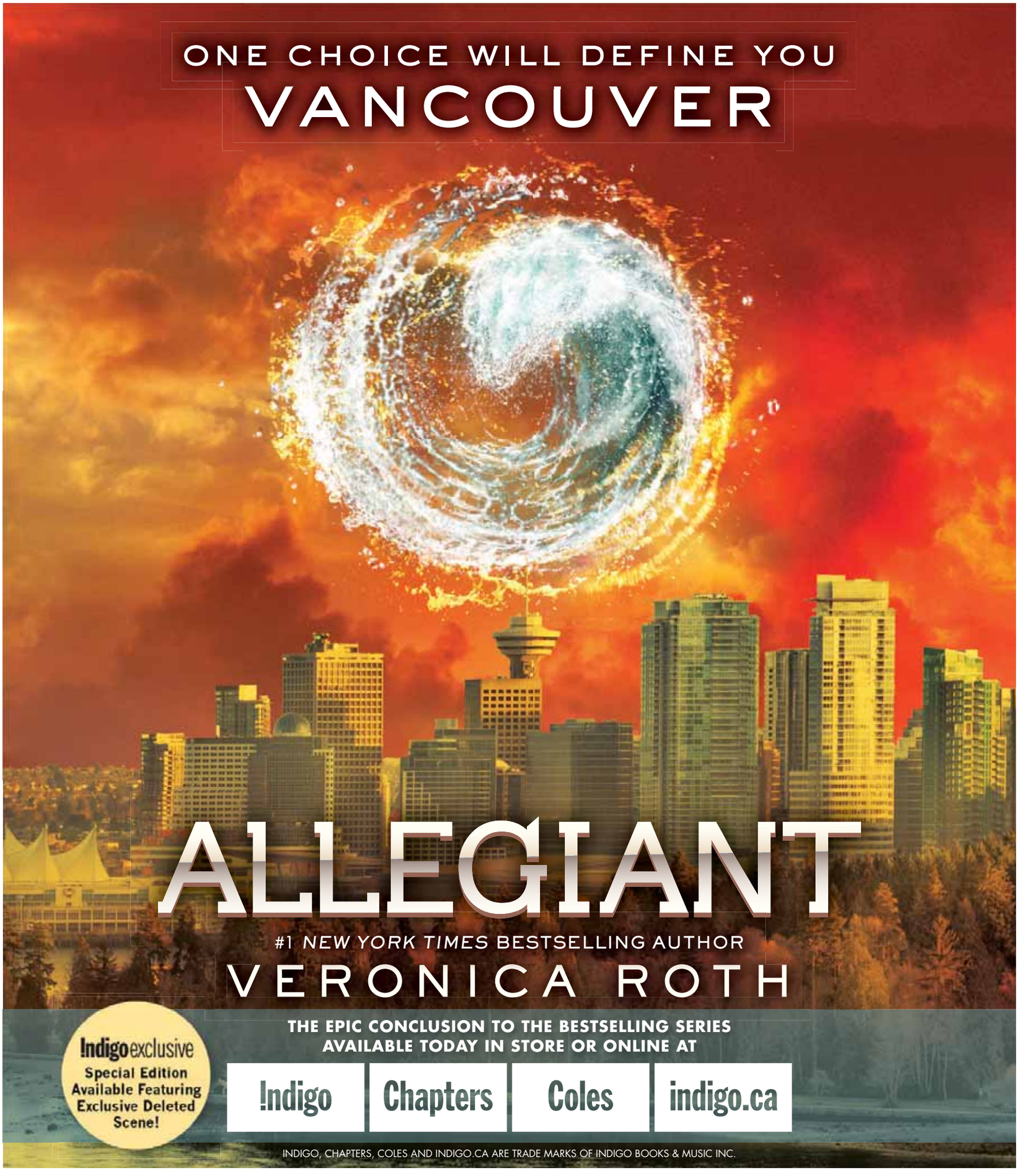
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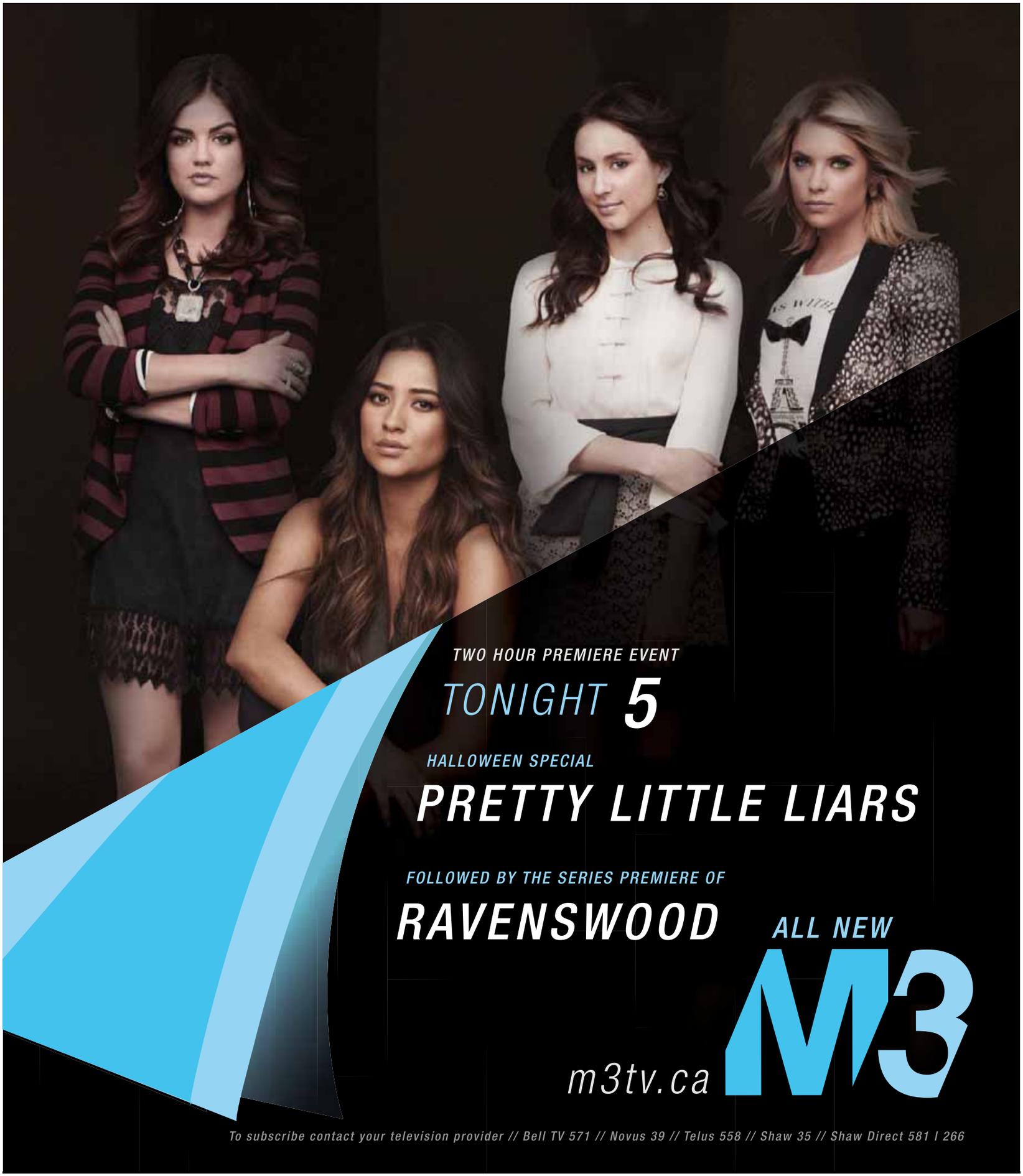
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The classic action star is alive and well, albeit a little long in the tooth. Last weekend Sylvester Stallone and Arnold Schwarzenegger teamed up in The Escape Plan — despite being 67 and 66, respectively. But the thrill of seeing old timers acting like lithe 20 year olds has been long with our culture. It's a tradition, albeit one that has ramped up in recent years.

MATT PRIGGE
Metro World News in New York

5

Old guys ready for action

John Wayne (Brannigan, 1975)

At 68 — before his autumnal swan song, The Shootist — The Duke made the kind of movie most actors wouldn't make at 58, playing a cop who travels to Jolly Ol' England to speed around in cars and very, very, very slowly draw his gun on perps. Can you believe this isn't the oldest entry on this list? (Keep reading.)

Roger Moore (A View to Kill, 1985)

Pierce Brosnan, the man born to play James Bond, was waiting in the wings in the early '80s as the then-current Bond was bound to retire. And why wouldn't he? He was almost 60 years old. Regardless, Moore wouldn't surrender the throne, and at 58 he made his last appearance as 007. Technically, about 40 per cent of his performance is stunt men shot from a distance, or shots of him in front of rear projection, pretending to be skiing madly down a hill. But he's still randy as ever, although he's, at this point, really more of a dirty old man.

Harrison Ford (Indiana Jones and the Kingdom of the Crystal Skull, 2008)

Ford seems to have resigned himself to being old, now that he's 71. He plays administrative roles now, in 42 and Ender's Game. But only five years ago he was relaunching his second most famous franchise, and looking pretty weary while doing it, too.

Charles Bronson (Death Wish V: The Face of Death, 1994)

Bronson came to mega-stardom relatively late in life, not hitting Death Wish pay dirt until he was in his 50s. Through the '80s he was an industry unto himself, making cheap, sleazy, highly questionable vigilante pictures, including one where he hunts down a killer nudist (10 to Midnight). Few of these did well, and almost no one went to see the final instalment in his most famous franchise. This is too bad because he was a 73-year-old gunning down "creeps" with big guns.

Clint Eastwood (Gran Torino, 2008)

This isn't technically an action film, but it does feature Clint wielding guns, pushing people around, barking threats, etc. It's the only one to really acknowledge that its hero, then 78 (now 83), can't do this stuff anymore. In fact, Clint has been scarce from the screen the last two decades. His last proper action film was In the Line of Fire in 1993, which still features him running on roofs and putting the moves on Rene Russo. If Clint isn't stretching his muscles on screen these days, that's partly because he sometimes directs two often long movies a year.

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Cults likes to keep the band Static

No new players. While it might make sense to expand the band for a bigger sound, Cults likes the DIY approach

PAT HEALY
Metro World News in Boston

When a musical project that begins as one or two people becomes Internet famous, small groups are often forced to expand so that all of the sounds that very few people took part in recording can be fully realized for the live show.

And just as often, the people who made up the core of the band just accept the touring musicians into the lineup for the second album.

But Cults guitarist and singer Brian Oblivion says he and singer Madeline Follin felt no such temptation to bring any additional help into the creative process.

"I think I'm better with the complexities of putting together the keyboard part than the complexities of dealing with a keyboardist personality," says Oblivion.

"I think that's the problem with me; I have a hard time dealing with other people."

This uneasy edge casts a shadow over the poppy 1960s sound on Cults' new album, Static.

The album picks up where the band's 2011 self-titled debut left off.

The sound is richer, but it doesn't sacrifice the intimacy or weirdness of two people having fun making music, regardless if they find success doing it or not.

"We make these records for ourselves and we do hope that people will take them in and enjoy them," says the guitarist, "but we don't really stress out if they don't.

"It's not like we have our hopes and dreams and life and everything tied up in being a rock star."

That said, a guy who calls himself Brian Oblivion could probably come up with a moment or two where he engaged in traditional "rock star" dalliances after touring the world with Cults, right?

"I think doing bath salts in Japan," he says, sounding almost embarrassed.

"There was a moment where after being up for 16 hours, I was sitting in the middle of Shibuya Crossing and I didn't know where I was and I started crying and laughing hysterically and then crying again, while these Japanese people were crowding around me. I was like, 'Oh this is too much.'"

Canadian tour dates

- **Vancouver.** Rio Theatre on Nov. 16.
- **Toronto.** Lee's Palace on Nov. 25.

Cults have a few tour stops in Canada in November. GETTY IMAGES

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Pair gives 'deadheads' whole new meaning

The Walking Dead fans. Two men turn their obsession into Walker Stalker Con

Cable TV's The Walking Dead has inspired a new convention, a podcast, and a one-man play.

The podcast and Atlanta-based convention are the creations of Eric Nordhoff and James Frazier, also known as the Walker Stalkers because of a road trip they made last fall from Nashville, Tenn., to Georgia to see the AMC show being filmed.

The convention, Walker Stalker Con, is expected to draw 10,000 or more participants when it's held early next month, Nordhoff said.

The Walking Dead characters battle zombies known as "walkers" in the streets of downtown Atlanta and in forests, small towns and a prison south of the city.

The convention will feature appearances by some of the show's actors, including Norman Reedus, who slays walkers with a crossbow as Daryl Dixon; Andrew Lincoln, who plays Sheriff Rick Grimes, and Lauren Cohan, also known as Maggie Greene on the show.

The series returned for its fourth season this month with its biggest audience ever. The 16.1 million people who watched the Oct. 13 series premier shattered the show's previous record of 12.4 million, the Nielsen company said.

Nordhoff and Frazier are neighbours in suburban Nashville, and had gathered every Sunday in Frazier's basement to watch The Walking Dead. They'd heard talk of a big day of filming in Senoia, the town south of Atlanta where much of the show is produced, so they got up before sunrise and made the trip to Georgia.

"It was our dream day," recalls Nordhoff, 42.

"We got to meet I think eight members of the cast," he recalls. "Somebody called us the 'Walker Stalkers' when we were there."

The two decided to develop a podcast that has become popular with fans of the show.

In April, Nordhoff and Frazier came up with the idea of holding the convention, which will take place Nov. 1 to 3.

THE ASSOCIATED PRESS

Walker Stalker Con is set for Nov. 1 to 3 in Atlanta. CONTRIBUTED

Marilyn Manson. ALL PHOTOS GETTY IMAGES

Mickey and Manson? We're all stars now, in the Disney show

Marilyn Manson is teaming up with ... Disney? Shock rocker of our '90s hearts, Marilyn Manson, will be joining the cast of the Disney/ABC show Once Upon a Time, reports Rolling Stone. The singer will be voicing the character of Shadow.

"We've always been enormous fans of Marilyn Manson," show creators and executive producers Eddy Kitsis and Adam Horowitz told the magazine. "We wanted to cast someone with the vocal ability to make our skin crawl."

For those of us old enough to remember the '90s, let me tell you: With his references to satanism, cross-dressing, dark music videos, Manson really, really freaked out old people — like, even more than twerking. And now he's going to be on a Disney-affiliated show.

God bless America.

Pattinson's team thinks it's time to reign Robert in

Robert Pattinson has reportedly been ordered by his management team to stop partying and womanizing and get back to work, according to Radar Online. "Rob's team felt he needed a wake-up call (and) that now is the time to get extremely serious about his career, even if that means quitting the womanizing and music-making that have defined his life in Los Angeles so far," a source says. "They really don't want him throwing this opportunity down the toilet." And according to the source, the stakes for the Twilight star's career couldn't be higher. "Rob has to pick his next movie before the end of the year, and frankly everyone is worried he's going to screw this up," the source adds. "There's this very strong sense from his team that he needs to find a serious movie, like Brad (Pitt) did with Seven that pulls him out of the cheesecake territory."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

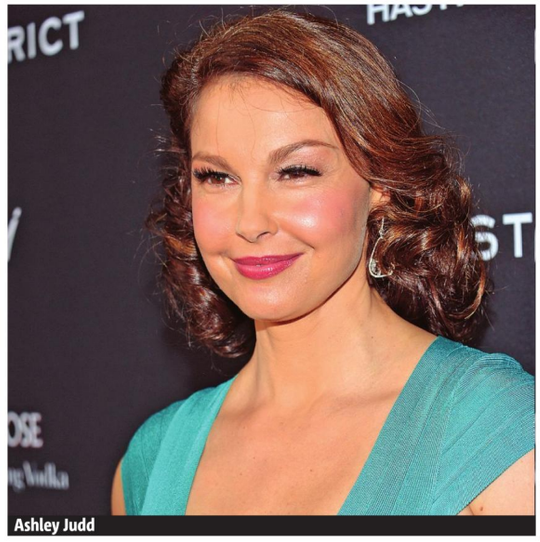
The Word

Is the industry's most controversial photog about to be out of work?

ALICE TATE
Metro World News

Terry Richardson has found himself at the centre of a new media furor. No, it's not surrounding a new set of Miley Cyrus images. Instead, he, himself, is the subject of an anti-Richardson petition, which urges brands and major magazines to boycott the photographer. Alice Ehrenfried launched a petition on Change just over a week ago, titled, Vogue, H&M, Mango, Supreme, and all other brands: Stop using alleged sex offender Terry Richardson as your photographer. Penning strong words on the site, Ehrenfried's aims are even stronger, as she appeals for 50,000 signatures. Whilst the hefty figure seems ambitious, now that the campaign is en route to going viral, reaching the goal doesn't seem out of the question. The petition has nearly 6,000 signatures already. The magazines still seem to love him but clearly not everyone is OK with Richardson's exploitative take on editorial.

"It's very important that degrading images are not considered 'the norm' and that (alleged) sexual predators are not glorified in the fashion industry," Ehrenfried, who works as a jewelry designer, tells us in an interview. Counting herself as a feminist, she questioned, "How can respectable brands possibly condone his behaviour?"



Ashley Judd

Judd and estranged hubby may be taking another spin around the track

Ashley Judd has reportedly had a change of heart and is giving her marriage to race car driver Dario Franchitti another go, according to Us Weekly. Franchitti is recovering from a scary on-the-job crash that left him with a broken ankle and two fractured vertebrae — and injured 14 other individuals — and Judd is said to have rushed to his side after the crash. "They are going to give it another try after he recovers," a source says. "His accident made her realize how much she loves him."

Twitter

@Harry_Styles
Thinking about it, I've been in Australia for a while now and nobody has put any shrimp on any barbies.

@lenadunham
And the award for most disappointing rice pudding of the year goes to... this rice pudding!!!

@mindykaling
It is the era of the serious baby

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What you need to fuel that workout fire

Not sure what to eat before and after a workout to maximize all that iron-pumping and cardio-induced sweating? Use these tips from registered dietitian Dawn Jackson Blatner for maximum benefits.

METRO

Before your workout, eat:

Bananas

For a steady, long-lasting supply of energy, eat a banana right before you hit the gym. It contains 25 grams of carbohydrates, your body's preferred fuel source for exercise. Bonus: You'll also get a good dose of potassium, a key electrolyte that's lost through sweat.

Raisins

A new study shows that raisins work just as well as sports gels to fuel your muscles pre-exercise. Aim for two tablespoons — or about 30 to 40 raisins.

Pomegranate juice

Healthy compounds in pomegranate juice called polyphenols may help decrease muscle soreness, a recent study found. Drink four to eight ounces daily. Choose one that's 100 per cent juice.

Green tea

This healthy brew contains catechins, substances that may increase fat burning during exercise, according to research. Drink eight to 16 ounces of hot or iced tea before heading to your session.

If you're going to put in all that work at the gym you might as well do the right things to help yourself before and after your workout. ALL PHOTOS GETTY IMAGES

After a workout, eat:

A tuna sandwich

Your body's best exercise recovery combo is protein to repair muscles and carbs to replenish energy stores. Protein-rich tuna on whole-grain bread is the perfect post-workout pick-me-up. Bonus: The healthy omega-3 fats in tuna may also decrease muscle soreness.

Yogurt

Dairy foods such as yogurt are naturally rich in protein and carbs. For extra credit, choose two per cent yogurt — it contains Conjugated Linoleic Acid (CLA), which may accelerate fat burning. Try plain two per cent yogurt. Add a teaspoon of honey.

Tart cherries

A compound in tart cherries called anthocyanin may reduce muscle soreness and inflammation. Aim for half to one cup of the unsweetened frozen fruit or 100 per cent juice.

A green smoothie

A new study shows that a healthy compound in leafy green vegetables helps muscles work more efficiently. In a blender, purée one cup of leafy greens such as spinach, eight ounces of low-fat milk and half cup frozen berries and enjoy it after vigorous exercise sessions.

Chicken Quinoa 'Mac and Cheese': Healthy comfort food

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Quinoa, the supergrain, has crept its way into every meal I can think of. In this variation of Mac and Cheese, you can use tofu or seafood for the chicken.

1. Preheat oven to 400 F (200 C).

2. In pot, add the quinoa and water. Bring to a boil, cover and simmer for 15 minutes or just until cooked. Set aside.

3. Meanwhile, dust the chicken with flour. In a skillet sprayed with vegetable oil, cook just until done, about 3 minutes. Add to the quinoa along with the sun-dried tomatoes and feta. Place into a 9-inch (23 cm) baking dish.

4. To make the sauce: In a saucepan, add the milk, stock, flour, mustard and salt and pepper. Whisk until the flour is mixed in and bring to a simmer. Cook for 3 minutes or just until slightly thickened, stirring constantly. Add 3/4 cup (185 ml) cheddar and 2 tbsp (30 ml) Parmesan. Whisk until smooth.

This recipe serves six. ROSE REISMAN

5. Pour over quinoa and mix.

6. To make the topping: Combine the topping ingredients and sprinkle overtop. Bake for 10 minutes or just until topping is browned.

Ingredients

- 1 cup quinoa
- 1 1/2 cups water
- 6 oz diced chicken breast
- 2 tbsp all-purpose flour
- 1/2 cup chopped rehydrated sun-dried tomatoes
- 1/3 cup crumbled reduced-fat feta cheese

Sauce

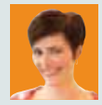
- 1 1/4 cups 2% milk
- 1/4 cup low-sodium chicken stock
- 2 tbsp all-purpose flour
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 3/4 cup grated aged cheddar cheese
- 2 tbsp grated Parmesan cheese

Topping

- 1/3 cup panko or unseasoned dry breadcrumbs
- 2 tbsp grated aged cheddar cheese
- 2 tbsp grated Parmesan cheese
- 2 tsp olive oil

Health Solutions

Oats are more than porridge



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

As the weather cools, we start to crave mushy, warm comfort food.

It's only natural and nothing is more natural than oats.

Oats are grown in Canada, used by Canadians and exported around the world.

They are loaded with cholesterol lowering fibre and a significant source of minerals that may otherwise be missing from your diet.

Don't just settle for porridge, though, add oats in a multitude of ways.

- Whir rolled oats in a blender and use the powder in place of bread crumbs in burgers, meatballs and meat loaves.
- Use the same ground oats in smoothies and shakes.
- Bake traditional Scottish oatcakes instead of oatmeal cookies.
- Use a paste of warm oats as a skin soothing face mask.
- Place a handful into a cheesecloth or facecloth and let soak in a tub to soften skin. Rub sack on rough spots to soothe and exfoliate.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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NEW TECHNOLOGY DRIVES SUCCESS

SURE TRACK COURIER RELIES ON CUSTOM WIRELESS SOLUTION

A Toronto-based courier company relies on a customized mobile communications solution to increase profitability, reduce pollution and distracted driving.

Sure Track Courier provides Canadians delivery, freight and warehouse services.

Until a few years ago, Sure Track relied on two-way radios, cellphones and pagers to connect drivers and dispatchers. The company tried a partial interim solution that included modems and fleet-tracking software, but the system did not achieve the desired results. The fleet-tracking software offered limited reporting, for instance, and wasn't compatible with advanced dispatching tools. As a result, vehicles consumed excessive amounts of fuel, discharged unnecessary exhaust fumes, and the company faced mounting bills for needless use of toll roads.

"The old system was far from ideal," says Victor Pereira, sales and operations manager at Sure Track Courier. "For our drivers, talking with dispatchers can be distracting and time-consuming. By using digital, wireless technologies, we communicate only the information needed, precisely when it's needed."

ISTOCK/THINKSTOCK

To create a solution, Sure Track worked with Bell Mobility and Trak-iT Wireless, an independent software company. The result includes software that incorporates GPS technology and simultaneously manages dispatch, billing and warehousing information. Best of all, it meets the specific needs of Sure Track.

THE BELL ADVANTAGE

Bell business experts provided a unique set of wireless solutions that addressed Sure Track's business challenges. In addition to wireless expertise, the courier company benefited from the following Bell advantages:

- Canada's largest LTE network;
- Canada's trusted push-to-talk service;
- Global coverage in more than 200 countries;
- Dedicated small business specialist – 24/7 live technical support.

"About a month ago, an airline contacted us because it had a plane on a runway in Kentucky that needed a part from a manufacturer in Toronto," Pereira says. "The new mobile solution enabled us to dispatch the closest vehicle and track the delivery right to the tarmac. That made Sure Track look good to our client — the airline company — because they knew exactly how long their plane would be out of service and could plan accordingly."

BETTER COMMUNICATION IMPROVES THE BOTTOM LINE

According to Sure Track Courier's Victor Pereira, new software that incorporates GPS technology and simultaneously manages dispatch, billing and warehousing information generates savings in a number of areas.

"Guys sat in loading docks for hours, burning fuel," Pereira says. "Now we are able to see right on our screens whether the driver is idling or not. Our fuel costs are down by six to 10 per cent per month. Less idling means less wear and tear on our vehicles, saving on maintenance and extending their service life. It also means less pollution and fewer greenhouse gas emissions."

The company has also seen a significant decrease in its road-toll charges. Whenever a company vehicle enters a toll road, the fleet-tracking software sends an email alert, enabling dispatchers to redirect drivers as needed.

"Within the first month or two, the system cut our toll charges by thousands of dollars," Pereira says.

For drivers and dispatchers, the new system means fewer headaches and better communications.

"In our business, time is money," Pereira says. "And it's easy to waste time through communications. Now we can send only relevant information and make sure it arrives just as it's needed. Drivers can concentrate more on driving and get instant help in avoiding traffic jams and finding the best routes."

A user-friendly interface is a key reason for the solution's success.

"By working directly with Bell and Bell's partner Trak-iT, we were able to create something that drivers and dispatchers find easy to use," Pereira says.

ISTOCK/THINKSTOCK

"The system prompts a user to enter information in a logical order, for instance, and with a minimum of touches. And it generates meaningful accurate reports that enable us to plan and manage our business effectively. We know everything from where our vehicles are to the temperature inside of our trailers, which can be extremely important, depending on what's inside."

Why more small businesses switch to Bell:

The Network

Bell gives you access to Canada's largest LTE network[1] so you'll get blazing fast speeds wherever you go. You can work more effectively on the go with unlimited access to the largest Wi–Fi network across Canada. And you'll enjoy the fewest dropped calls on Canada's most reliable national voice network.[2]

The Support

At Bell, you get a dedicated small business specialist who will recommend the right devices, plans, and mobile applications to help your business do more and make more.

The Savings

Take advantage of exclusive discounts with the Bell Business Advantage program. Your business can save up to $5,000 a year on everyday essentials like fuel, couriers, and office supplies when you sign up for a business service from Bell.[3]

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COLD & FLU BASICS

GEORGE DOLGIKH/COLOURBOX

Many people confuse the flu with a bad cold — so what's the difference and how do you properly treat it?

In some ways they are similar, both influenza, commonly referred to as the flu, and the common cold are both viral respiratory infections, affecting the nose, throat and lungs.

They are spread from person to person through airborne droplets that are sneezed or coughed up by an infected person. In other cases, the viruses can be spread when a person touches an infected surface and then touches their nose, mouth or eyes. This is the reason why these illnesses are most easily spread in crowded conditions such as schools or the workplace.

But the flu and a common cold usually have different symptoms, and are associated with different complications.

"Influenza is associated with more serious complications when compared with the common cold," says Bowen Chen, Target Pharmacist. "It can lead to pneumonia or respiratory failure and can potentially be life threatening, so it has to be taken very seriously — this is especially relevant in at-risk populations such as the elderly or very young children."

In terms of symptoms, the flu is usually associated with a high fever, headaches, and aches and pains. Although stuffy nose, sneezing and sore throat can occur with both illnesses, these symptoms are more common in colds.

There are a variety of prescription and non-prescription medications that are useful for relieving symptoms and for controlling pain. Consult your pharmacist or healthcare professional to determine which medication is the right one for you. Antibiotics are not effective for the flu or a cold unless a bacterial infection develops. Antiviral medications may be helpful in reducing the duration of your flu, but they must be taken within 48 hours of developing symptoms.

– News Canada

KEEP YOUR IMMUNE SYSTEM STRONG

Along with cooler temperatures, fall also ushers in cold and flu season; tens of thousands of Canadians will soon be coughing, sneezing and feeling under the weather.

"The key to staying healthy during this time of year is to focus on prevention," says Sherry Torkos, a pharmacist and author of The Canadian Encyclopedia of Natural Medicine, who also offers tips on her website (sherrytorkos.com).

"And the key to prevention is to understand more about the common cold."

There are many effective prevention strategies for the common cold.

"Most important of all is maintaining a strong immune system," Torkos says. "That way, your body will fight off an infection before it gets out of control and makes you sick."

ISTOCK/THINKSTOCK

Perhaps the most popular immune-booster is Echinacea purpurea (purple cone flower). In 2012, scientists at the Cardiff University School of Biosciences completed the largest clinical study on Echinacea purpurea in history using Echinaforce®, a proprietary extract obtained from fresh organic plants developed and marketed by A.Vogel. The study found that this particular preparation of Echinacea was effective in modulating the immune system and in reducing the incidence and duration of cold symptoms.

Based in part on this finding, Health Canada recently approved Echinaforce® for both prevention and acute treatment of the common cold and flu, and deemed it safe to take as directed for up to four months. It's a great way to stay healthy during cold and flu season. A.Vogel is the premier supplier of over-the-counter natural products of the highest quality.

ISTOCK/THINKSTOCK

PROS ABOUT PROBIOTICS

The hustle and bustle of the holiday celebrations will soon be upon us. This time of year can be wonderful, but it also brings a certain amount of stress.

Last-minute shopping, family visits, kids running around the house and overcrowded shopping centres are exhausting just to think about.

All of that added stress can also affect your immune system. Hugs and handshakes represent golden opportunities for viruses, parasites and bacteria to join in the spirit of holiday sharing. You wonder how you will ever make it through the season without catching something.

And then you may ask yourself: Can probiotics really boost my immune system? The answer is yes.

According to dietitian and nutritionist Annie Jolicoeur, many clinical studies have demonstrated the benefits of probiotics in terms of preventing and treating the common cold, the flu, and gastro-enteritis.

"Taking probiotics reduces the severity and duration of symptoms like fever, coughing, runny nose, and even diarrhea," she says. "Therefore, it is recommended that all members of the family take probiotics every day."

Maintaining a healthy intestinal flora helps to protect against the penetration of bacteria, parasites, and viruses, Jolicoeur says.

"Did you know that the intestinal mucous membrane acts as the cornerstone of your overall health? Two-thirds of the immune-defence cells in your body are found there. Therefore, your immune system is enhanced when you take probiotics."

She recommends you start taking probiotics at least two weeks before the holiday season begins so your body will be well-prepared to ward off the oncoming germ attacks.

– News Canada

NATURAL WAYS TO STAY HEALTHY THIS WINTER

Families are well aware of the importance of not overusing antibiotics.

The following are some natural ways that families can use to stay healthy.

Get eight to 10 hours of sleep per night. Try Liquid Ionic Magnesium at bedtime to help ensure a restful sleep. Wash hands frequently with antibacterial soap, and disinfect high-traffic areas at home and work.

Drink plenty of high anti-oxidant/enhanced vitamin C beverages such as Cardioflex Q10, available at all health stores.

Take Colflex Oral Spray for daily prevention and relief. Colflex has fast become the "go-to" product for families across Canada as their natural alternative.

Take oral spray vitamin D. Vitamin D3 is important to help boost the immune system during the low sunlight hours of winter. NutriMize Vitamin D Oral Spray is convenient for getting your "sunshine vitamin" while on the go.

Eat a high-protein breakfast. Breakfast is the most important meal of the day to help maintain your immune system and keep you from getting run down. The most important nutrient at breakfast time is protein, but how do you meet adequate amounts of protein (approximately 20 to 30 grams per person) on those busy mornings during your work or school week? If you are short of time to prepare eggs, etc., then make a quick and easy high-protein smoothie with Bodyflex AM or NaturePro vitamin/mineral fortified smoothie mixes.

For more information, please see innotechnutrition.com.

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Popping the pre-nup question

Protecting your assets. Talking about finances may not be romantic, but experts say it's best to raise the subject early

VICKI SALEMI
Metro World News in New York City

When news broke this month about Kris and Bruce Jenner's separation, Steven Eisman, partner and director of the matrimonial law department at New York City's Abrams Fensterman, was surprised to hear they didn't sign a pre-nuptial agreement before their 1991 wedding vows.

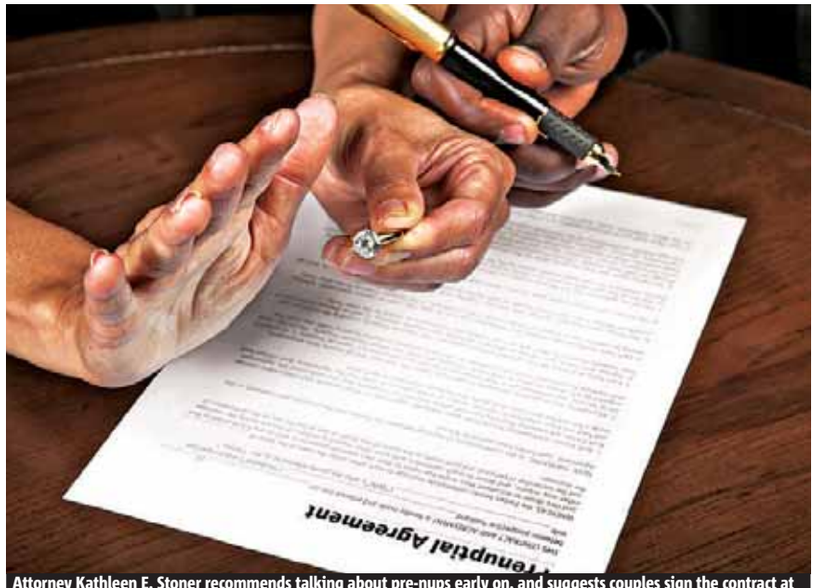
"They both had a substantial net worth at the time of their marriage — they were both somewhat celebrities," he says. Years later, after clothing lines, endorsement deals and a reality show, their net worth will be an issue as they head to divorce court.

It's also surprising because the Jenners entered their union with children from former marriages. Eisman says pre-nups aren't unusual for second marriages, because people want to be able to take care of their children.

Kardashian empire aside, Eisman sees more and more couples walking down the aisle at a later age, which means they're more likely to have assets to protect. "They say, 'I love you forever and ever but in case it doesn't work, I don't want to share everything I acquired before we tied the knot.'" Sure, it's his job, but Eisman says it is indeed better to be prepared and realistic.

As for bringing up the sensitive topic with your spouse-to-be, Kathleen E. Stoner, attorney and co-author of Prenuptial Agreements: How to Write a Fair & Lasting Contract, recommends talking early on and suggests that couples sign the contract at least three months before the big day.

Although it's oh-so-unromantic to talk about finances and properties, she says any relationship will involve money, so the "best thing for people to do is to learn how to have those conversations in a loving way."



Attorney Kathleen E. Stoner recommends talking about pre-nups early on, and suggests couples sign the contract at least three months before their wedding day. ISTOCK

She also says that those conversations have to keep going throughout the relationship — it's wise to review the pre-nup every few years to see if it still makes sense. "Some pre-nups even include a commitment to doing that," she says.

Stoner says pre-nups are not for everyone, but she believes everyone should consider them and do their research. "Make a well-informed decision about (pre-nups) based upon the individual circumstances and the (jurisdictional laws)."

What could this cost me?

- Kathleen E. Stoner, attorney and co-author of Prenuptial Agreements: How to Write a Fair & Lasting Contract, says the cost of a pre-nup depends on how complicated it is and who drafts it.
- "High-end premarital agreements involving substantial assets could cost thousands of dollars. In contrast, simpler premarital agreements ... might run between $500 and $1,000."

Nothing like the smell of a good statistic in the morning

Small businesses. Take advantage of our love affair with figures to grab media attention

YOUR MONEY
Alison Griffiths
money@metronews.ca

There are lies, damned lies and statistics, as the saying goes. Still, government, industry and the media alike all adore a good stat. Among the press-release dross that piles up in my inbox, nothing grabs my attention like a startling number that highlights some aspect of human behaviour from shopping to investing.

And clever use of stats is one way small businesses can attract media attention even without a marketing department.

"You can get much of what you need to build a numbers narrative by working the rich data in the websites of governments, associations, boards of trade and other knowledge repositories like universities and colleges," points out Margo Rapport, vice-president of communications for H2 Central, an integrated marketing and communications firm headquartered in Toronto.

"Dig deep for colourful facts and stats — and don't stop at surfing. Pick up the phone and ask questions. Your local reference library can also be a huge ally." Rapport notes that small business owners new to numbers-based promotion should remember that the story is the goal. "For some media, a news release works just fine. For others, like business and financial journalists, infographics make numbers come alive."

Infographics, an increasingly popular visual representation of statistics, can be expensive to construct, but many industry associations regularly publish them and most are happy to allow a business to use the research as long as credit is provided.

To find out what kinds of statistics end up in an article, Rapport recommends small-business owners research wire services such as Canada Newswire or Marketwired. "Many of them feature numbers-oriented narratives. They can also identify good research sources."

Another option for a more mature small business is hiring a professional to find the kind of numbers that will end up in a journalist's story. "Use $2,000 to $4,000 as a benchmark for working with an experienced professional, based on the estimated hourly rate and number of projected hours," advises Rapport. "Get interim research results and agree to put a cap upfront on searches that may be unproductive."

Even the smallest enterprise can take advantage of our love affair with statistics. And it doesn't have to cost a fortune.

Online resource

- H2 Central's Agora blog, h2central.ca/AgoraBlog, offers some fascinating takes on marketing and public relations for all kinds of businesses. It's definitely worth a look.

Do your research

"Dig deep for colourful facts and stats — and don't stop at surfing. Pick up the phone and ask questions. Your local reference library can also be a huge ally."

Margo Rapport, vice-president of communications for H2 Central

Illustrating statistics using charts or infographics can be a good way to get attention from business journalists. ISTOCK

Michael Grabner

Hit to the head costs former Canuck 2 games

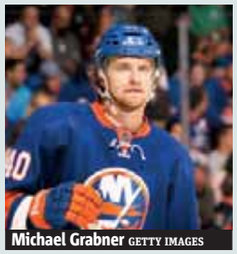
New York Islanders forward Michael Grabner was suspended for two games without pay by the NHL for an illegal check to the head on Carolina Hurricanes forward Nathan Gerbe.

The incident occurred at approximately 6:42 of the first period of Saturday's game in New York.

No penalty was called on the play.

The suspension will cost Grabner, who played 20 games with the Canucks in the 2009-10 season, $30,769.24 US.

THE ASSOCIATED PRESS



Michael Grabner GETTY IMAGES

Cody McLeod

Avs forward slapped with 5-match ban

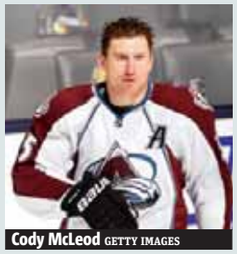
Colorado Avalanche forward Cody McLeod has been suspended for five games for boarding Detroit Red Wings defenceman Niklas Kronwall during a game last Thursday.

McLeod was assessed a five-minute major penalty and a game misconduct for boarding when he hit Kronwall at 2:13 of the first period in Detroit's 4-2 win in Denver.

Kronwall suffered a concussion on the play. He has since resumed skating with the Red Wings.

The suspension will cost McLeod $29,487.20 US. It is the first time he has been fined or suspended in his seven-year career.

THE CANADIAN PRESS



Cody McLeod GETTY IMAGES

Schroeder starts off on the wrong foot

NHL. After playing in just three games, centre sent back to Vancouver for tests on injury

CAM TUCKER
cam.tucker@metronews.ca

Jordan Schroeder will undergo further tests on his injured left foot, which forced him back to Vancouver in the midst of the Canucks' seven-game road trip.

The Canucks centre suffered the injury during Saturday's shootout loss to the Pittsburgh Penguins. It's the same foot he fractured while blocking a shot during a game in the pre-season.

That kept him out of the lineup for the first six games of the season. He just returned to game action on Oct. 15, suiting up in three games.

The 23-year-old Schroeder, Vancouver's first-round pick in 2009, re-signed with the Canucks this summer.

Injuries, not just restricted to his foot, have plagued him for the past several months.

He also had off-season surgery to repair a torn labrum in his left shoulder.

The injured foot remains the most prevalent issue for the speedster right now.

"Let's just say his pain is in the same place it was, or has been, with his last injury," Neil Sheehy, Schroeder's agent, told Metro Vancouver on Monday.

"How severe it is, I don't know. But obviously it's worse than when they (the Canucks) decided to clear him to play. Something's happened between the time he was cleared to play and when he was playing.

"There's discomfort there. Exactly what it is, is it re-broken? I don't know. That's why they're going to do the tests."

The Canucks, having hit the 10-game mark of this first season under new head coach John Tortorella, now enter the fifth leg of this current road swing through the Eastern Conference.

The Canucks' record is 5-4-1, although all five of those victories have come against teams below them in the standings.

They will take on the New York Islanders on Tuesday night.

Michael Raffl of the Flyers checks the Canucks' Jordan Schroeder on Oct. 15 in Philadelphia. Schroeder reinjured his left foot. JIM MCISAAC/GETTY IMAGES

Roster move

As a result of Jordan Schroeder's injury, the Canucks recalled Jeremy Welsh from Utica on Saturday.

Lions' Reid keeping perspective after opting to undergo surgery

For B.C. Lions centre Angus Reid undergoing surgery, 'if' has long since become a 'when.'

Last week, the personable Canadian Football League veteran disclosed he would have surgery two repair two herniated discs in his lower back, which has kept him out of the lineup for the entire season, after consulting with a surgeon two weeks ago this Friday.

"I'm kind of like the guy at the airport waiting for the next available seat on a flight," Reid said last week.

From the sidelines, the 37-year-old Reid has watched his teammates do battle.

He has sometimes travelled on the road, acted almost like a coach by adding years of experience and another set of eyes and ears, especially for sophomore offensive lineman Matt Norman, who replaced Reid at the centre position at camp back in June.

He's even suited up at practice, clad in a jersey and shorts, with his football helmet held in hand.

Reid fully admits this hasn't been an easy time. But he's quick to point out the ordinance of perspective, and that is things could be worse.

"You want to be a part of something, so you be a part of it," he said.

"Every opportunity I can to still walk out on this field, to wear a jersey, put on a helmet and be around these guys, I wouldn't miss out on it. It's not an ideal circumstance but you don't always live in an ideal circumstance; you've got to make the best of it."

CAM TUCKER/METRO

4 SPORTS

Canucks upping defensive dosage

The Canucks are showing signs of becoming a more formidable defensive opponent under new head coach John Tortorella. GENE J. PUSKAR/THE ASSOCIATED PRESS

THE HOCKEY NEWS
Ronnie Shuker
vancouver@metronews.ca

Three weeks into the season and John Tortorella is already making his mark in Vancouver. The players are buying into his stifling system and the team is looking more like the 2011-12 Rangers that Tortorella took to the Eastern Conference final than the 2010-11 Canucks that Alain Vigneault got to within one win of the city's first Stanley Cup.

The players are still learning the finer points of their new taskmaster's defence-first philosophy, but the hallmarks of a Tortorella-coached club are clear. The Canucks are more physical, more gutsy and grittier.

Through 10 games, Vancouver ranks No. 1 in the NHL on the penalty kill (91.4 per cent) and in blocked shots (150). During Tortorella's four full seasons in the New York, the Rangers were never lower than ninth at killing penalties and always top-10 at blocking shots. The Canucks are also bodychecking more, sitting 14th overall with 191 hits. Expect that rank to rise as the season wears on, because the Rangers were always one of the top three teams in hits during Tortorella's tenure.

The question is how this cashes out in comparison with the Canucks clubs led by Vigneault.

At first glance, Vancouver's transformation under Tortorella looks encouraging. The increase in blocked shots is telling, because the Canucks were never higher than 19th during Vigneault's seven seasons in Vancouver. And their transition into a harder hitting team is apparent, since they were always in the bottom half of the league in hits under Vigneault.

A second look, however, specifically at special teams, tells a different story. An unintended but inevitable side effect of Tortorella's emphasis on the penalty kill is a punchless power play. While Vancouver owns the NHL's best penalty kill, it also has the league's 27th-ranked power play. This comes as no surprise, since the Rangers got progressively worse on the man advantage under Tortorella, going from 13th overall in 2009-10 to 23rd last season. And though it's nice to be No. 1 at killing penalties, Vancouver was already one of the NHL's best, being top 10 on the penalty kill the past three seasons, before Tortorella took over.

The Vigneault-Tortorella contrast will continue throughout the season, but what's clear early on is that the Canucks are becoming much more substance and far less style under their new bench boss. Whether they're actually any better for it, well, only the playoffs will tell.

NHL

Penguins blanked versus Avalanche

Jean-Sebastien Giguere turned aside 34 shots for his second shutout in 11 days and the Colorado Avalanche edged the Pittsburgh Penguins 1-0 on Monday night.

Gabriel Landeskog scored the game's only goal 5:26 into the second period as Colorado improved to 8-1, the best start in franchise history.

THE ASSOCIATED PRESS

MLB

Tigers' Leyland walks away from manager's role

Jim Leyland is stepping down as manager of the Detroit Tigers after eight seasons that included three division titles and two trips to the World Series.

Leyland announced his departure Monday, two days after the Tigers were eliminated from the AL championship series by Boston in six games. He said he planned to remain with the organization in some capacity.

THE ASSOCIATED PRESS

NFL. Giants earn first win of the season as Vikings lose quarterback gamble

At last.

The New York Giants got their first win of the season Monday night by holding Adrian Peterson in check and converting Minnesota mistakes into a 23-7 victory.

The Giants began the season with six losses in which they were the team turning over the ball (minus-16 difference) while showing little penchant for playing defence. But against the Vikings (1-5), they were efficient enough, if not overwhelming, and had three takeaways to one lost fumble.

Peterson, the league's MVP last season and a 2,000-yard rusher, was held to 28 yards five days after his two-year-old son was buried in South Dakota. The man accused in the death was indicted on second-degree murder and manslaughter charges, prosecutors said Monday.

Peterson was not helped by a rusty Josh Freeman, making his debut as Vikings quarterback after being signed as a free agent when Tampa Bay cut the 2009 first-round draft pick. Freeman frequently missed open receivers, and several of his throws sailed yards beyond his targets.

Giants wide receiver Rueben Randle catches a pass for a touchdown. JULIO CORTEZ/THE ASSOCIATED PRESS

Josh Brown kicked three field goals and Rueben Randle caught a 24-yard TD pass for New York (1-6).

Marcus Sherels provided Minnesota's points with an 86-yard punt return, but his fumble without being hit during a runback midway in the third quarter set up New York at the Vikings 3.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Detroit	10	6	3	1	24	24	13
Toronto	9	6	3	0	30	22	12
Boston	7	5	2	0	20	10	10
Montreal	8	5	3	0	26	15	10
Tampa Bay	8	5	3	0	26	21	10
Ottawa	8	3	3	2	21	24	8
Florida	9	3	6	0	20	32	6
Buffalo	10	1	8	1	13	28	3

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	9	7	2	0	31	20	14
Carolina	9	4	2	3	22	26	11
NY Islanders	8	3	3	2	25	23	8
Columbus	8	3	5	0	19	22	6
Washington	8	3	5	0	21	25	6
New Jersey	8	1	4	3	17	26	5
NY Rangers	7	2	5	0	11	29	4
Philadelphia	8	1	7	0	11	24	2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	9	8	1	0	28	12	16
Chicago	8	5	1	2	23	19	12
St. Louis	7	5	1	1	27	19	11
Nashville	9	5	3	1	19	22	11
Minnesota	9	3	3	3	19	22	9
Winnipeg	9	4	5	0	22	25	8
Dallas	8	3	5	0	20	28	6

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	9	8	0	1	40	16	17
Anaheim	8	7	1	0	30	19	14
Phoenix	9	5	2	2	27	26	12
Los Angeles	9	6	3	0	24	22	12
Vancouver	10	5	4	1	27	29	11
Calgary	7	3	2	2	23	26	8
Edmonton	9	2	6	1	26	36	5

Note: Two points for a win, one point for overtime loss.

Monday's results
San Jose 1 Detroit 0 (SO)
Colorado 1 Pittsburgh 0
Calgary at Los Angeles
Sunday's results
Columbus 3 Vancouver 1
Anaheim 6 Dallas 3
Nashville 3 Winnipeg 1
Tuesday's games
All Times Eastern
Anaheim at Toronto, 7 p.m.
Vancouver at NY Islanders, 7 p.m.
New Jersey at Columbus, 7 p.m.
Chicago at Florida, 7:30 p.m.
Edmonton at Montreal, 7:30 p.m.
Washington at Winnipeg, 8 p.m.
Nashville at Minnesota, 8 p.m.
Calgary at Phoenix, 10 p.m.
Wednesday's games
Ottawa at Detroit, 7:30 p.m.
Boston at Buffalo, 8 p.m.
Thursday's games
San Jose at Boston, 7 p.m.
Vancouver at New Jersey, 7 p.m.
NY Rangers at Philadelphia, 7 p.m.
Anaheim at Montreal, 7:30 p.m.
Chicago at Tampa Bay, 7:30 p.m.
Carolina at Minnesota, 8 p.m.
Winnipeg at Nashville, 8 p.m.
Calgary at Dallas, 8:30 p.m.
Washington at Edmonton, 9:30 p.m.
Phoenix at Los Angeles, 10:30 p.m.

MLB PLAYOFFS

WORLD SERIES

(Best-of-7)

ST. LOUIS VS. BOSTON

Wednesday's game
St. Louis at Boston 8:07 p.m.
Thursday's game
St. Louis at Boston 8:07 p.m.
Saturday's game
Boston at St. Louis 8:07 p.m.
Sunday, October 27
Boston at St. Louis 8:15 p.m.
Monday, October 28
Boston at St. Louis 8:07 p.m.
Wednesday, October 30
St. Louis at Boston 8:07 p.m.
Thursday, October 31
St. Louis at Boston 8:07 p.m.

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Toronto	16	10	6	0	451	414	20
x-Hamilton	16	8	8	0	389	437	16
x-Montreal	16	7	9	0	412	424	14
Winnipeg	16	3	13	0	333	512	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	16	13	3	0	513	362	26
x-Saskatchewan	16	11	5	0	468	339	22
x-B.C.	16	9	7	0	435	425	18
Edmonton	16	3	13	0	362	450	6

Thursday's game — All Times Eastern
Winnipeg at Toronto, 7:30 p.m.
Friday's game
Edmonton at B.C., 10 p.m.
Saturday's games
Montreal at Hamilton, 1 p.m.
Saskatchewan at Calgary, 7 p.m.

NFL

WEEK 7

Monday's result
N.Y. Giants 23 Minnesota 7
Sunday's results
Cincinnati 27 Detroit 24
San Diego 24 Jacksonville 6
Carolina 30 St. Louis 15
Washington 45 Chicago 41
N.Y. Jets 30 New England 27
Buffalo 23 Miami 21
Dallas 17 Philadelphia 3
Atlanta 31 Tampa Bay 23
San Francisco 31 Tennessee 17
Green Bay 31 Cleveland 13
Kansas City 17 Houston 16
Pittsburgh 19 Baltimore 16
Indianapolis 39 Denver 33

MLS

Sunday's results
New York 3 Houston 0
Los Angeles 0 San Jose 0
Wednesday's game
Chivas USA at Real Salt Lake, 9 p.m.
Saturday's games
Kansas City at Philadelphia, 3 p.m.
Montreal at Toronto FC, 4 p.m.
FC Dallas at San Jose, 5:30 p.m.
Portland at Chivas USA, 10:30 p.m.
Sunday, October 27
Houston at D.C., 1:30 p.m.
New England at Columbus, 4 p.m.
Chicago at New York, 5 p.m.
Colorado at Vancouver, 8 p.m.
Los Angeles at Seattle, 9 p.m.

Horoscopes

♈ Aries
March 21 - April 20
You are under no obligation to continue with a relationship or partnership that has turned into a liability. The Sun's imminent change of signs means a parting of the ways may be the only solution.

♉ Taurus
April 21 - May 21
You won't change your opinions to please another person for any reason and the sooner they get it through their head, the better. Maybe you should keep some distance between the two of you today.

♊ Gemini
May 22 - June 21
You will come up against an obstacle today and you could easily lose heart. But don't throw in the towel because there is always an answer if you look for it. No luck? Try looking in the opposite direction.

♋ Cancer
June 22 - July 23
The planets suggest someone in authority is making life tough for you. So what do you do about it? Nothing. The Sun's change of signs tomorrow will bring a change of focus that resolves both personal and professional issues.

♌ Leo
July 24 - Aug. 23
If you have any errands to run then you should get them out of the way because within a matter of days, maybe hours, you won't be able to move as freely as you can now.

♍ Virgo
Aug. 24 - Sept. 23
Don't keep interesting news to yourself today just because you can't see how spreading it around will help other people.

♎ Libra
Sept. 24 - Oct. 23
If you are convinced that a certain course of action is right then go ahead with it. But if there are doubts then hold back. There may not be money at stake today but there will be tomorrow.

♏ Scorpio
Oct. 24 - Nov. 22
Something you have been dreaming of is about to come true but there will be strings attached. A dream it may be but that does not mean you can ignore reality. Keep your feet on the ground.

♐ Sagittarius
Nov. 23 - Dec. 21
It's an important time for money matters, so don't rush into anything that you're not 100 per cent certain you can control. The last thing you need is to get yourself into debt.

♑ Capricorn
Dec. 22 - Jan. 20
You may be convinced that you can do as you please and no one can stop you but is that really the case? The Sun's impending change of signs warns that even friends may desert you if you go too far.

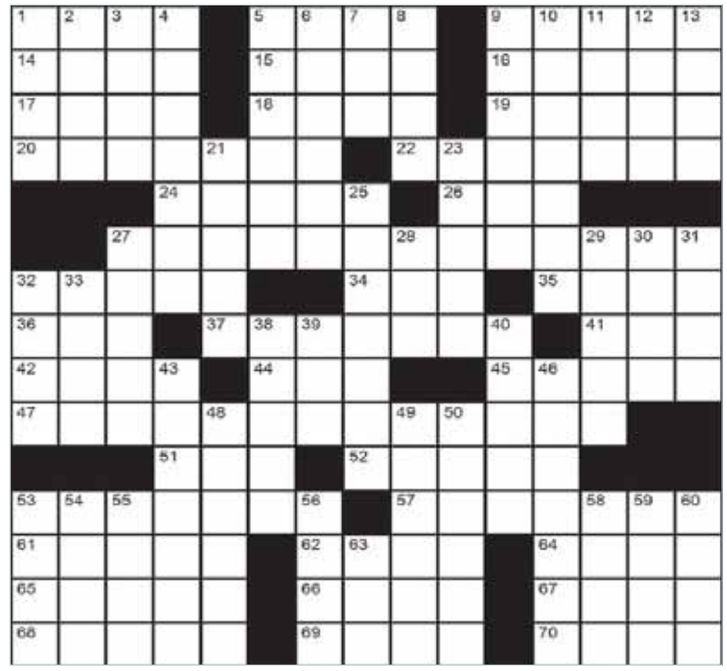
♒ Aquarius
Jan. 21 - Feb. 19
The Sun is about to cross the career angle of your chart, giving your ambitions a much-needed boost. Don't take the support of powerful people for granted though.

♓ Pisces
Feb. 20 - March 20
Not everyone thinks you act from the best of motives. What can you do to improve your image? One thing, surely, is to be a bit more sociable. Go on, you can do it. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

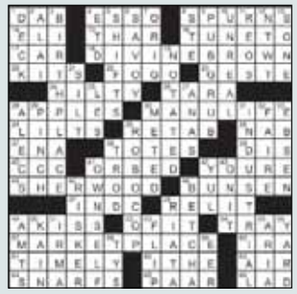
BY KELLY ANN BUCHANAN



Across
1. Informal food
5. Catch ___ ('Get')
9. "This isn't _ __." (Get real)
14. Great Big Sea's "__-Mac"
15. Gather
16. Frankie Goes to Hollywood hit
17. __-drop
18. Owed-money
19. Baseball cap wearing filmmaker Michael
20. Activated again, as a membership
22. Goal-getting athletes
24. "__ _ for Murder" (1954)
26. Embrace
27. Animated Mountie of '60s TV: 2 wds.
32. Oprah's production company
34. Fashion designer, Anna __
35. Mischa of "My Man Godfrey" (1936)
36. Bear, in Barcelona
37. Stays put during the Fall-following season
41. Get a nose like Pinocchio
42. Graduation cap birds
44. Knowledgeable letters
45. __-eyed
47. Sudbury-born activist who ignited the movement for women's rights in Canada in the 1900s: 2 wds.
51. Mariner's dir.
52. Gulf of __ Lawrence
53. Quebec, __ __ Province
57. "The Queen __ Show"
61. Fragrance
62. Nero's 1041
64. Canuck political party member
65. London. New York. Paris. __.
66. 'Victor' suffix
67. Home office accessory
68. Insipid
69. Tina Turner's "Better Be Good __ __"
70. Other

Down
1. Mini military man
2. Arctic __ (Northern-hopping critter)
3. "So, are you out __ __ then?"
4. Used a Bounty paper towel: 2 wds.
5. Trying event
6. "Drop the __" by Maestro Fresh Wes
7. Keyboard key
8. Selects
9. Knight's outfit, Suit of __
10. Country duo, Florida __ Line
11. Jar of cream stuff
12. A.A. Milne book, Chloe __
13. Past partners
21. Sports __ (Arm-chair quarterback's spouse)
23. Religious songs group
25. Some seers
27. Whimsically funny
28. Expected
29. Russian forced labour camp
30. __ to the throne
31. Deuce-ace
32. Blind Melon singer Shannon
33. "Even __ __ speak..."
38. "_ __ Fine" by The Beatles
39. 'Pseudo' suffix
40. __ driving
43. Canadian brewer since 1834
46. Grant the right to
48. From the shore
49. Canadian actor, __ Keith Rennie
50. Mediate
53. One of Mary's flock
54. Seed coat
55. Gaucho's weapon
56. Send forth
58. Young horse
59. Sleeves
60. Build-up talk
63. Losing tic-tac-toe line

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2		4		1		9	
	9	5				8	6	
8								7
		1	8	3	2	7		
		4	9	1	6	5		
5								9
	8	2				4	5	
	1		6		8		7	

Yesterday's Sudoku

6	4	3	9	5	1	7	8	2
8	9	7	3	2	4	6	5	1
5	2	1	6	7	8	3	9	4
4	8	9	7	3	5	2	1	6
1	3	2	8	6	9	4	7	5
7	5	6	1	4	2	8	3	9
3	1	8	2	9	6	5	4	7
2	7	4	5	1	3	9	6	8
9	6	5	4	8	7	1	2	3

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14°/8°
Sunny
Wednesday
13°/7°
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Check the 14 day trend.
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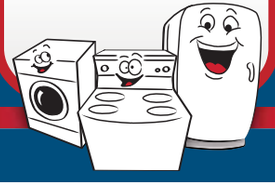

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